



Fit Business Tips of the Month

JUNE

Summer is a great time to be active and fit. With warmer weather, it's almost instinctive to eat light, drink lots of water, and get outside and move your body.

For tasty meals and snacks, reach for farm fresh fruits and vegetables like cantaloupe and salad greens. Stroll to a local farmers' market or visit a farm stand. Either way, you'll encounter a sea of vibrant colors, great tastes, and bargains.

To make the most of your June activities, check out our quick and simple tips and terrific produce ideas!

QUICK AND SIMPLE TIPS

Revitalize at lunch: Use your lunch hour to exercise, eat a healthy lunch, and avoid that afternoon slump. Hook up with a friend and walk, bike or take a yoga class. How about try a solo swim or workout. If you're busy with family at night, lunchtime might be your best chance to enjoy physical activity.

Plan ahead: Eating healthy takes intention; so don't leave your lunch menu to chance. Find a quiet time and plan out a week of healthy, delicious lunches packed with lots of fruits and vegetables. Put it in writing and post it where you'll see it. Make a grocery list and shop on the weekend. Become the master of your menu.

Be sun-safe: While enjoying outdoor activities, protect the skin you're in with a hat, longer clothing, shade cover, sunscreen and UV-protective sunglasses.





June's Fruit of the Month

CANTALOUPE

Health Benefits

Cantaloupe is high in Vitamins A and C, and it's a good source of folate. Adding cantaloupe to your lowfat diet, along with a colorful variety of fruits and vegetables, may reduce the risk of cancer and heart disease, help maintain good vision, and strengthen the immune system.

Selection

It's easy to choose a ripe cantaloupe—even with your eyes closed. Use your nose to sniff out a sweet, fruity aroma. Weigh cantaloupes of equal size in your hands and choose the one that feels heavier. Press your thumb into the stem end. If it feels smooth, it's a keeper. The flavor of a whole melon is better than one that's precut. Cantaloupe is in season all summer and into fall.

Storage

Store whole cantaloupes at room temperature and eat within two days. You can store ripe, cut cantaloupe in the refrigerator for up to five days.

Preparation Ideas

Wash before cutting. Remove flesh from rind and discard seeds. Slice and serve with cottage cheese or yogurt. Scoop into balls. Add to fruit salads or decorate children's plates with sweet-tasting, small bites.

FEATURED CANTALOUPE RECIPE: CANTALOUPE SALSA

Ingredients

- ½ large ripe cantaloupe
- ¾ cup finely diced red bell pepper
- ¼ cup finely chopped cilantro
- 3 tablespoons finely chopped scallions
- juice of 1 lime
- pinch of salt and hot pepper flakes

Preparation

1. Remove seeds and rind from cantaloupe. (You should have approximately ½ pound cantaloupe flesh).
2. Chop cantaloupe into very small pieces.
3. Put in a bowl and add diced red pepper, cilantro, scallions, and lime juice.
4. Stir and add a pinch of salt and pepper flakes.
5. Chill.
6. Serve with grilled chicken, fish, or steaks.

Makes 4 servings. ½ cup per serving.

Nutrition Information Per Serving

Calories 20, Carbohydrate 5g, Protein 1g, Total Fat 1g,
Saturated Fat 0g, Cholesterol 0mg, Sodium 60mg, Dietary Fiber 2g

Recipe courtesy of the *Produce for Better Health Foundation*.





June's Vegetable of the Month

SALAD GREENS

Health Benefits

Salad greens, especially those that are dark green, are a good source of Vitamin C, beta-carotene, iron, calcium, folate, and dietary fiber. Include salad greens in your lowfat diet, along with a colorful variety of fruits and vegetables, to help maintain a lower risk of some cancers, vision health, and strong bones and teeth.

Selection

Look for leaves that are dark green in color. Choose lettuce heads that are compact, firm, and have a normal round shape. Avoid salad greens that are dry or wilted.

Storage

Salad greens need to be refrigerated. First take a plastic zip-lock bag and pierce it several times with a fork to let the bag breathe. Wrap the salad greens in damp paper towels, place in the plastic bag and refrigerate. If stored right, Butterhead and leaf lettuce will last for up to one week. Romaine lettuce will last for up to 10 days.

Preparation Ideas

Wash and dry. Choose the darkest lettuce leaves for the most nutritional value. For a main course, add beans and your favorite fruits and vegetables to salad greens, for a light, refreshing, warm weather meal. Serve side salads or add greens to sandwiches, wraps and salad rolls.

FEATURED SALAD GREENS RECIPE: CACTUS SALAD

Ingredients

- 4 cups shredded green cabbage
- 2 fresh cactus leaves, cleaned and finely chopped (about 1 cup)
- 4 thin slices of white onion
- 4 radishes, thinly sliced
- 1 large tomato, chopped
- 1 serrano chili, seeds removed and minced
- 2 tablespoons cider vinegar
- 1 teaspoon oil
- 1 teaspoon sugar

Preparation

1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
2. Stir together vinegar, oil, and sugar; drizzle over salad.

Makes 4 servings. 1 ½ cups per serving.

Nutrition Information Per Serving

Calories 59, Carbohydrate 11g, Protein 2g, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 29mg, Dietary Fiber 4g

Recipe courtesy of *Healthy Latino Recipes Made With Love*, California Latino 5 a Day Campaign.

